

ABSTRACT OF THE DISCLOSURE

A combination of dried sea weed, preferably irish moss (*chondrus crispus*) and psyllium (*plantago ovata*, *plantago psyllium*) is administered to a person or domestic animal in a daily dose which in its broadest range comprises 58 miligram (mg) to 4.6 gram (g) of sea weed and 250 mg to 24 g of psyllium for the purpose of allowing the stool to make a clean exit from the body thereby eliminating or reducing residual fecal matter that adheres to the perianal area after the bowel movements of the person or domestic animal.